

*Amendments to the Claims:*

This listing of claims will replace all prior versions and listing of claims in the application:

**LISTING OF CLAIMS:**

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Claims 1-5 (canceled).

Claim 6. An apparatus for teaching fast-pitch softball pitching form comprising:  
a belt for attachment to a user at the user's waist; and  
an L-shaped member comprising a backing piece and a protruding arm, said protruding arm including a rectangular cut out to receive said belt:

wherein said backing piece is between said belt and the user when the belt is attached to the user.

Claim 7. The apparatus of claim 6, further comprising an approximately rectangular block of padding attached to said L-shaped member within the angle spanned by the backing and the protruding arm.

Claim 8. The apparatus of claim 7, wherein said padding comprising foam padding.

Claim 9. The apparatus of claim 7, further comprising a cover surrounding said padding and said L-shaped member.

Claim 10. The apparatus of claim 9, wherein said cover comprises a leather cover.

Claim 11. The apparatus of claim 6, further comprising a pad attached to said backing, wherein said pad is between the backing and the user when the apparatus is attached to the user.

Claim 12. The apparatus of claim 6, wherein the protruding arm protrudes about 16 cm from the user when the apparatus is attached to the user.

Claim 13. The apparatus of claim 6, said belt comprising an attachment means.

Claim 14. The apparatus of claim 13, wherein said attachment means comprises a hook and loop material.

Claim 15. The apparatus of claim 6, said apparatus adopted for use by right-handed and left-handed users.

Claim 16. An apparatus for teaching fast-pitch softball pitching form comprising:  
a padded rectangular parallelepiped member attached to a belt, said belt adapted to be worn around the hip of a user, and said parallelepiped member positioned to extend laterally from said belt when worn by a user and having a dimension such that the user's arm contacts the parallelepiped member at about the user's forearm when the apparatus is worn by a user and the user's arm is fully extended.

Claim 17. The apparatus of claim 16, wherein the parallelepiped member is adapted to extend about 16 cm from the user's body when the apparatus is attached to the user.

Claim 18. The apparatus of claim 17, wherein said parallelepiped member comprises:  
an L-shaped member comprising a backing piece and a protruding arm, said protruding arm including a rectangular cut out to receive said belt; and

an approximately rectangular block of padding attached to said L-shaped member within the angle spanned by the backing and the protruding arm;

wherein said backing piece is between said belt and the user when the belt is attached to

the user.

Claim 19. The apparatus of claim 18, further comprising a pad attached to said backing, wherein said pad is between the backing and the user when the apparatus is attached to the user.

Claim 20. The apparatus of claim 16, wherein the parallelepiped member comprises a leather cover.

Claim 21. A method of teaching fast pitch softball pitching form comprising the steps of:  
attaching a belt that has attached thereto a parallelepiped member to a user;  
positioning said parallelepiped member on the user such that the forearm of the user touches said parallelepiped member when the arm is fully extended;  
raising the arm to pitch in a windmill fashion;  
moving said arm until it contacts said parallelepiped member, and  
snapping the wrist as a result of contact with the parallelepiped member.

Claim 22. The method of claim 21, wherein the parallelepiped member is adapted to extend about 16 cm from the user's body.

Claim 23. The method of claim 21, wherein said parallelepiped member comprises an L-shaped member comprising a backing piece and a protruding arm, said protruding arm including a rectangular cut out to receive said belt; and

an approximately rectangular block of padding attached to said L-shaped member within the angle spanned by the backing and the protruding arm;

wherein said backing piece is between said belt and the user when the belt is attached to the user.

Claim 24. The method of claim 23, said parallelepiped member comprising a pad attached to said backing, wherein said pad is between the backing and the user when the apparatus is attached to the user.

Claim 24. The method of claim 21, wherein the parallelepiped member comprises a leather cover.